



JUNE 2021



Welcome Back!

We have missed you all so much!

On June 1 we will resume all activities here at the senior center.

Masks are optional. If you are vaccinated you do not need to wear a mask but if it makes you more comfortable to wear one, please do.

If you are unvaccinated you will need to follow the guidelines of wearing a mask or do not wear one at your own risk.

We have hand sanitizer in Purell dispensers located on both floors.

The toilets and faucets are now touchless.

What ever schedule we followed before March 12, 2020 will resume.

All the classes at the center will be free and open to new participants until September.

You will have a new Director as of August 1.

It has been my pleasure building a senior Center in this community for the last 18 years.

Pam

ELDERBUS

In town daily

\$1.50 each way

Medical Trips into Worcester

Monday, Wednesday, Friday

\$2.00 each way

24 hour business day notice by calling:

1-800-321-0243

Currently grocery shopping or Medical trips only



MEMBERS OF THE COUNCIL ON AGING

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DIRECTOR-PAMELA WOODBURY

OUTREACH COORDINATOR-APRIL CARUSO

SPENCER SENIOR CENTER ACTIVITIES

AEROBIC EXERCISE CLASS: Exercise geared to seniors and led by a certified fitness instructor. Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of motion, and activities of daily living. Tuesday and Thursday 10:30-11:30. \$15 for 3 months for Spencer residents, \$20 for non-residents.

BINGO: Every Tuesday and Thursday at 1:00 PM. Come early to prepare

BEGINNING LINE DANCING: Beginning line dancing is fun and progresses at a relatively slow speed. Memorization is easy at the beginning. Wednesday from 12:30-1:30.

CHESS CLUB: Every Thursday from 9:30-11:30 **Looking for more participants call for information**

CRIBBAGE: Every Monday @9:30. An informal group that enjoys the game and good time. \$1

LOW IMPACT AEROBIC EXERCISE CLASS: This class is geared to seniors who might find the above class a little too strenuous. Led by a certified fitness instructor. Every Monday and Wednesdays from 1 to 2. Please call to sign up as we need a minimum of 8 participants.

JIGSAW PUZZLE: a puzzle is always on-going in our library.

LIBRARY: Open all day everyday to borrow books or to just sit and relax and enjoy a cup of coffee with friends.

LINE DANCING: Aside from being lots of fun, line dancing is beneficial in so many ways. As we age it is critical we exercise the mind as well as the body. Every Wednesday from 1:30-2:30. For experienced dancers only.

MEMORY CAFÉ: For individuals suffering from memory loss. Third Thursday of the month. Upstairs. Please check with April for re-opening date.

PITCH: Hoping to bring this back on Wednesday evenings beginning in the fall. If you can't commit to every week, please sign up as a sub.

POOL: We have a pool table available in the room next to the exercise equipment room. Daily A/C on

LUNCH: Check the Grapevine for lunches offered at the senior center. Donation is \$3 and reservations must be made 48 hours in advance by calling the center. We will announce when lunches will resume.

S.H.I.N.E.: SHINE is Serving the Health Information Needs of Everyone (on Medicare) There is a counselor at the center the third Tuesday of the month. By appointment. Please call the center

TAI CHI: Discover improved balance, strength, and flexibility at any age with gentle therapeutic Tai chi. Led by a certified Tai Chi instructor. Every Wednesday from 11 to 12.

WELLNESS CLINIC: The 2nd Tuesday and the 4th Thursday of the month at 11:30. Medical questions, health issues or concerns can be brought to the attention of our nurse. Free

YOGA CLASS: Improve balance, help alleviate arthritis pain, reduce stress and moderate chronic pain. Led by a certified yoga instructor. Every Tuesday and Thursday 9:30-10:30.

For the summer there will be no class fees. Come, enjoy the classes and get back into the swing of things.

IF THERE IS SOMETHING YOU ARE INTERESTED IN DOING, PLEASE SUGGEST IT TO APRIL OR ME. IF THERE ARE ENOUGH PEOPLE INTERESTED WE WILL SCHEDULE IT.



NEWS FROM SHINE FOR JUNE 2021

Are you 65 or older, or eligible for Medicare because of disability? Are you losing your health care coverage from your employer?

If you delayed taking Medicare Part B because you were covered by an employer but may be losing coverage because of layoff or retirement, contact the SHINE Program.

SHINE (Serving the Health Insurance Needs of Everyone) can answer your questions. You have a window of opportunity to sign up for Medicare Part B if you are losing employer-based coverage. SHINE counselors can explain the process and the forms that need to be submitted to Social Security. They can also review what your medical and prescription coverage options are beyond Medicare Part A and Part B.

Call the Central Mass SHINE office at 508-422-9931 and leave a message. One of our counselors will return your call.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare.

CENTRAL MASS SHINE WEBSITE

You can visit us on the web at www.shinema.org. Our site has recently added more valuable information and links to other agencies public benefit applications that can help pay for your costs if you qualify.

Federal Communications Commission Launches Emergency Broadband Benefit:

On May 12th, the Federal Communications Commission (FCC) kicked off the Emergency Broadband Benefit. The benefit provides eligible consumers discounts on broadband service and devices. The benefit will continue until there is no longer funding or six months after the federal government declares an end to the pandemic.

Eligible households will be able to receive:

- \$50/month discount for high-speed internet services.
- \$75/month discount for high-speed internet services for households on Tribal lands.

A one-time discount of up to \$100 for a laptop, desktop computer or tablet purchased through a participating provider.

In Massachusetts, [26 broadband providers](#) are offering the benefit. The benefit is available to eligible new, prior, and existing customers of participating providers.

The [eligibility for the benefit](#) is broad. It includes any household with an income at or below 135% of the federal poverty guidelines, or if *any member* of the household qualifies through various means. This includes but is not limited to participation in SNAP, Medicaid, Supplemental Security Income, the Free and Reduced-Price School Lunch Program, as well as certain qualifying events such as experiencing substantial loss of income or receiving a federal Pell Grant in the current award year.

Customers can sign up by contacting a participating provider, enrolling online at <https://getemergencybroadband.org/>, or sending forms via mail. More [information about the application process](#) is available online or by calling (833) 511-0311.

The FCC has also created [outreach materials](#), including flyers, brochures, application forms and instructions. Application forms and instructions are available in ten languages.

For more information, visit the Emergency Broadband Benefit [website](#).

LUNCHES AT THE CENTER

Lunches at the center will resume on 6/8/21

June 8- Hot Dog/Baked Beans/Green Beans/Orange

June 10-Turkey/Stuffing/Veggies/Ambrosia

June 15 Burger/Chili/Sweet potato Fries/
strawberries

June 17-Roast Pork/Potato/Veggie/Cheesecake

June 22 Shepherd's Pie/Peas/ Pudding

June 24 Jumbo Cheese Ravioli/Broccoli/Pears

June 29 Teriyaki Beef/Rice/Broccoli/Pineapple

Milk and bread served with the meals.

Suggested donation is \$3

(Meals can change without notice)

FRIENDS GROUP

The Friends of the Spencer Seniors is a group Comprised of individuals helping to raise funds for the senior center needs by way of raffles; providing snacks for sale at Knights Bingo; and other fund raising activities.

There are many things the added funding can provide such as supplies; cost of an instructor; entertainment; parties at the center, the list is long.

Volunteers are needed. You do not need to be a senior to be in the Friends Group.

If you are interested in volunteering or becoming a member of the Friends please contact at

Joyce Lavine (Joyce.lavine@aol.com)

